



Garriock Track and Field Meet

Information Package

June 13th and 14th, 2026

Meet Director	Vlad Valastiak - president@cvactrack.com
Location	Cowichan Sportsplex, 5847 Chesterfield Avenue Duncan, BC
Directions	Turn east off Hwy 1 onto Beverly Street Turn right on Chesterfield (across from school)
Parking	One small lot by field hockey boxes, small lot between track and ball fields and large lot behind ball fields, access past the complex.
Start Times	Saturday, June 13th - 9:00am. Sunday, June 14th - 9:00am.
Facilities	Rubberized eight-lane track (max 7mm spike), Washrooms, Concession, Our site does not have stands, so please bring lawn chairs Water filling Station on site - <i>just bring your own bottle!</i>
Registration	Registration through trackiereg.com All registration is ONLINE ONLY.
Entry Deadlines	All entries must be received <i>no later than 11:59 pm, Wednesday June 10th, 2026. No late or same-day entries</i>
Club Packages/ On Site	Club registration packages available for pick-up at the “Registration & Information” table starting Saturday 8:00 am & Sunday 8:00 am.
Meet Fees	For VIAA Member Clubs providing volunteers: Unlimited events 2 days \$32.50 NON VIAA Member Rate: \$45.00 NO day of meet entries
Bib Numbers	Numbered bibs will be assigned to all athletes and must be worn on the front for all competitions.
Coaches Meeting	Coaches meeting Saturday 8:30 am at the finish line
Event Times	Please check the event schedule for event times. Start times listed are approximate and may be moved up ½ hour before listed time so please listen for announcements.
Field Events	Field Events will be limited to 3 attempts only for U10 thru U14 age groups. For U16 and older, the top 8 finalists in each age category will get 3 additional attempts.
Pole Vault	Please note that Pole vault will be restricted to athletes with starting heights lower than 3 metres.

Track Events	Track Events will be run oldest to youngest, girls first, then boys (with the exception of hurdles/steeplechase - See attached Hurdle/Steeplechase Order). All track events are timed finals.
Track Event Check-In	Check-in with track marshals 30 minutes before event start time.
Relay 4 x 100	Relay forms are included in each "V.I.A.A. Member Club" Package. For non Clubs, relay forms will be available for pick up at Registration/Information Tent. Please give completed relay forms to Relay Coordinator at relay marshalling area.
Age Categories	<p><i>Track Rascals (6-8)</i></p> <p><i>Junior Development Athletes U10 - U14 (9-13)</i></p> <p><i>U16 Athletes ages (14-15)</i></p> <p><i>U18 (16-17)</i></p> <p><i>U20 (18-19)</i></p> <p><i>Seniors and Masters (20-35 & 35+)</i></p> <p>Some categories may be combined for competition purposes but awards will be made by individual age classification</p>
Awards	Medals will be awarded for 1 st to 3 rd , Ribbons will be given out for 4 th to 8 th place.
Electronic Timing	Provided by VIAA
Weigh-In	Field Implement weigh-ins to be held in CVAC equipment building
Officials	This is a Vancouver Island Series meet and is sanctioned by BC Athletics. Club officiating assignments have already been set. If your Club has difficulty meeting its assignment, or will not be in attendance at this meet, please make alternate arrangements with another Club. If that fails, please contact the Meet Director As Soon As Possible

Sprint Hurdle Order

Men	20-34		110m Hurdles	42	Blue	Square
Men	U20		110m Hurdles	39	Blue	Square
Men	35-49		110m Hurdles	39	Blue	
Men	U18		110m Hurdles	36	Blue	Square
Men	50-59		100m Hurdles	36	Yellow	
Men	60-69		100m Hurdles	33	Yellow	
Women	35-39		100m Hurdles	33	Yellow	Square
Women	20-34		100m Hurdles	33	Yellow	
Women	U20		100m Hurdles	33	Yellow	Square
Men	U16		100m Hurdles	33	Yellow	
Women	U18		100m Hurdles	30	Yellow	Square
Women	40-49		80m Hurdles	30	White	Triangle
Women	U16		100m Hurdles	30	White	Triangle
Boys	U14	JD13	80m Hurdles	30	White	Triangle
Girls	U14	JD13	80m Hurdles	30	White	Triangle
Men	70-79		80m Hurdles	30	White	Triangle
Women	50-59		80m Hurdles	30	White	Triangle
Men	80-99		80m Hurdles	27	White	Triangle
Women	60-69		80m Hurdles	27	White	Triangle
Women	70-99		80m Hurdles	27	White	Triangle
Boys	U14	JD12	80m Hurdles	27	White	Triangle
Girls	U14	JD12	80m Hurdles	27	White	Triangle
Boys	U12	JD11	60m Hurdles	24	Green	Triangle
Girls	U12	JD11	60m Hurdles	24	Green	Triangle
Boys	U12	JD10	60m Hurdles	24	Green	Triangle
Girls	U12	JD10	60m Hurdles	24	Green	Triangle
Boys	U10	JD9	60m Hurdles	24	Green	Triangle
Girls	U10	JD9	60m Hurdles	21	Green	Triangle
Boys	U10	JD9	60m Hurdles	21	Green	Triangle